

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

MARCH 4, 2005

Marine taps out competition

MCMAP instructor takes win at state Brazilian Jiu-Jitsu championships

Sgt. Joseph A. Lee
Sports Editor

Two Marine Corps martial arts instructors from Regimental Schools competed in the Hawaiian Championship of Brazilian Jiu-Jitsu, Sunday, at Saint Louis High School in Honolulu.

Steven Byrnes and David Tomlinson competed against and alongside some of the world's best grapplers in this submission style of wrestling, made popular by Royce Gracie, during the introduction years of the Ultimate Fighting Championships television series.

The Gracie family, according to Byrnes, gave life to this method of fighting and started an extremely popular trend and fighting tech-

nique that has been an influence on the recently changed Marine Corps fighting style. Relson Gracie, the inspiration of most Hawaiian Gracie academies, moved to Hawaii in 1988. According to his biography, he began learning jiu-jitsu at 2, and entered his first competition at the tender age of 10. He was the undefeated Brazilian National Champion for 22 years, straight. Upon his arrival to Honolulu, Relson introduced the art of Gracie Jiu-Jitsu to Hawaii and has been a continuing influence.

His influence could be felt at the championships, as students and fans wore the Gracie name with pride, while they watched their

See FIGHT, C-6



David Tomlinson (right), a MCMAP instructor with Regimental Schools, fights local mixed martial arts vet Baret Yoshida during the Hawaiian Championship of Brazilian Jiu-Jitsu. Tomlinson did not advance after losing to Yoshida.



Steven Byrnes (right) stands on the podium at the Hawaiian Championship of Brazilian Jiu-Jitsu wearing his gold medal, next to his final competitor and silver medalist, Ermin Fergerstran. Byrnes, who faught for Bullspen, competed in the 175-187 pound class.

Camp Smith suffers 60-37 defeat from K-Bay women



Camp Smith forward Joy Morgan jumps for the layup after getting the rebound and slipping out of the pack for a fast break. Though Camp Smith made constant efforts to even the score, K-bay kept their lead to the end.

Sgt. Joseph A. Lee
Sports Editor

Women's intramural basketball continued Feb. 24 at the Semper Fit gym as forward Jessica Shedrick's jump shots and flawless free-throw record helped the K-Bay team defeat Camp Smith, 60-37.

At the start of the evening, Shedrick gave K-Bay a demanding 10-point lead with a series of rebounds, steals and jump shots. Visiting the line two times in the first two minutes of the game, her presence was made clear early on, as she was 4 for 4.

Two rebounds by Camp Smith's forward Joelle Riles allowed them some points on the board and a shot at a good game.

"We got off to a rough start early on, but the points we did get in there made a difference in how we played the game overall," said Riles after the game.

With the score 12-6 early in the first half, Shedrick was not done yet, and with the assistance of center Stacy Johnson, the two teamed up to nearly double Camp Smith's score throughout the first half. From jump shot to assisted layup to 3-pointers, Johnson and Shedrick were a force to be reckoned with early in the game.

Late in the first, K-Bay's shooting guard Casey Shapiro began to reveal her skills, rebounding shots and sinking jumpers from the key. Every player from Camp Smith was making attempts at the net to keep a strong game going, but as the half came to a close, K-Bay was well in the lead, 33-20.

During the half, Camp Smith took time to talk strategy, which paid off at the start of the second when they began to show signs of life.

Camp Smith guards Ella Jones and Maleah Seals joined forces to try to close the gap in K-Bay's lead, as one's jump shots, if not made, were successfully rebounded by the other. But as efforts by Camp Smith were being made to close

See WOMEN, C-6

Base runners compete in annual Oahu relay

Marine team places 4th in 134-mile run encompassing isle

Cpl. Michelle M. Dickson
Combat Correspondent

When visiting the scenic island of Oahu, many enjoy the pristine views from either touring the island in a helicopter, or even a bus. Well, a few tough athletes wanted to make sure they saw every bit of the island when they ran the 34th Annual Oahu Perimeter Run this past weekend.

The Perimeter Run is a 134-mile relay race around the entire coastline of Oahu, making it the longest run on the island. A total of 87 teams signed up for the grueling run, which began Saturday evening and continued throughout Sunday afternoon.

Most of the seven members of the relay teams were required to run four legs each within the race. However, none were allowed to run two legs of the race, consecutively, which meant that they had to run up to, roughly, 10 miles in just one leg.

The race began with a staggered start at 7 p.m., and teams continued to start off on the run as late as 11 p.m., with the fastest teams taking off at 11 p.m.

Teams from MCB Hawaii, Kaneohe

Bay were formed to partake in the competition. All did well — considering the wind Saturday evening and hot conditions throughout Sunday.

"The last leg was definitely the most difficult," admitted David R. Prislin, executive officer, Headquarters Battalion, and a runner for the team named, "The Six Red-Headed Step Children and One Angry Elf."

"It was brutally hot at that time and, at the last leg, each runner had already completed at least 15 miles each. It was a real challenge."

This was the first Perimeter Run for the Palos Verdes, Calif. native, who said it was a great experience and that it really pulled the team together.

"Everyone else on the team was going through the same feelings you were," said the UCLA graduate. "Everyone was giving it their all for this run, even with the sleep deprivation and heat."

The teams ran continuously throughout Saturday night until they finished on Sunday. Prislin said that even if a runner managed to get some rest in the van, the energy could never be fully replaced with all the running and lack of sleep.

John T. Waddell, the Headquarters Battalion 1st Sgt., ran the longest leg of the race — a 7.7 mile stretch. Waddell said that his experience as a marathon

See RUN, C-3



Runners pose for a photo after finishing the 34th Annual Perimeter Run. Team number 26 included participants from Combat Service Support Group 3.

BASE SPORTS

March 18

HQBN Holiday Bench Press Contest — Press off against the biggest lifters from the MCB Hawaii community, March 18, as the Headquarters Battalion Holiday Bench Press Classic kicks off. This Semper Fit Center event is open to all authorized patrons; active duty, family members, reservists, retired and DoD civilians, and will begin at 6 p.m. Weigh-ins will be held March 17 and 18 from 8 a.m. to 4 p.m. Competition will kick off at 6 p.m. Shorts, tank top or T-shirt, and shoes are the required equipment.

Trophies will be awarded to the top three places in each weight division as well as the team division. Trophies will also be awarded for the “Overall Lifter.”

Entry fee for the event is \$20 per lifter. All registered entrants will receive an event tank top. Show them what you’re really made of at the HQBN Bench Press Classic and Team Challenge. Please contact the MCCS Semper Fit Center at 254-7597 for specifics.

March 19

Spring Splash Hits Both K-Bay and Manana — Join the MCCS Aquatics crew for the 2005 Spring Splash at the Kaneohe and Manana Housing base pools. The

events will be held on March 19 at Kaneohe, and March 26 at Manana, both from noon to 4 p.m. Both events are free to military, family members, DoD civilians and reservists. Spend the day in the sun with music, games and door prizes along with numerous other activities. There will be Free Red Cross swim evaluations and lessons for kids, introductory lessons to scuba diving and surfing, the Pool Hawks Swim Team racing challenge and demonstration, and Jr. Lifeguard registration and information. Tell the kids not to worry — they’ll break out the bouncy house.

To get in on the water action, call MCCS Aquatics at 254-7655.

March 21

Camp Smith Volleyball League Begins — Beginning March 21, Camp Smith will host a volleyball league open to all Camp Smith personnel and family members. Games will run at 11 a.m. and noon, so you can schedule a fun fitness hour instead of a boring lunch break. Teams must consist of six people, with at least two females.

Call Camp Smith Athletics at 477-0498 to register your team now.

March 23

Staff NCO Golf Tournament — Staff NCO Club members and their guests are invited to play in this spring’s Staff NCO Golf Tournament. The game begins with a shotgun start at noon at the Klipper Golf Course. The format will be a four-person, best ball scramble with an awards ceremony following the game. Call 254-5481 for further information.

March 24

SM&SP Shank & Slice Golf Tournament — It’s going to be fair game on the fairways on March 24, as the Single Marine & Sailor Program’s Shank & Slice Best-Ball Tournament golfers hit the Kaneohe Klipper Golf Course.

This day on the links is open to unaccompanied E5, active duty Marines and Sailors; however, each player is allowed to invite one boss. Shank & Slicers will begin the tournament with a 12:30 p.m. shotgun start and end with sodas, pupus and prizes.

The fee for the tournament is \$27 for E-5 and below and \$34 for everyone else. Fees include golf fees, golf cart,

pupus, sodas and prizes. For those interested in participating and spending the day on the spectacular Kaneohe Klipper Golf Course, call 254-7593. All entry forms are to be delivered to the Single Marine & Sailor Program located in Building 1629 or the Semper Fit Center.

Ongoing

Cycling at Semper Fit — Join Michelle every Monday from 4:45 to 5:45 p.m. for cycling class at the Semper Fit Center. Get your heart pumping and your legs burning for only \$30 per class.

Call Semper Fit at 254-7597 for more information.

Cheer on your Favorite Team — Head down to the Semper Fit Center every Monday, Tuesday, Wednesday and Friday starting at 6:15 p.m. for men’s intramural basketball.

Cheer on the women’s basketball teams as they hit the wood every Thursday starting at 6:15 p.m.

Intramural baseball games hit Riseley Field Monday through Friday at 6:30 p.m.

Campground & Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping. All beaches have picnic pavilions and barbecue grills.

Reservations are required. For reservations, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an

aerobic class for anyone and everyone trying to meet that New Year’s resolution. Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and many more.

For class information, call the Semper Fit Center at 254-7597.

Fishing Charter Available at MCB Hawaii — Spend the day aboard one of Mahalo Kai’s charter fishing boats, speeding across the bay in search of the perfect catch. Mahalo Kai have been servicing MCB Hawaii since 1992, fishing the bountiful waters off the windward side. Catch Marlin, Mahi Mahi, Ahi, Ono, Aku and more. Mahalo Kai’s has two boats to service you, Mahalo Kai is capable of accommodating a four-passenger crew, and the Bill Collector is capable of holding six.

Charters are priced below competition. Charters range from six-hour, eight-hour, to 10-hour tours for both boats and offer all patrons “split-catch” meaning they can take home half of the days caught fish.

Take the time to stop by the Base Marina, located in Building 1698 across from Hangar 101. Charters can be booked by calling the Marina at 254-7666 or 254-7667, seven days-a-week.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes at 254-7693 to get the spin.

Color Pin Special — Every

Wednesday, roll a strike. When a colored pin is in the headpin position you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

Call the K-Bay Lanes 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children ages 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Nestled behind the Lemon Lot, by the intersection of Harris Road and Mokapu Road, stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.

Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee. Players can purchase paint at the field from \$45 to \$50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

Massage Therapy — Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp Smith. The massage therapy program will help relieve your mental and physical fatigue and improve your overall circulation and body tone.

Choose from Shiatsu, Swedish, Lomi, deep-tissue and even Hot Rock Therapy. Appointments are available by calling the K-Bay Semper Fit Center at 254-7597, or Camp Smith at 477-5197.

Intramural Sports Standings

Women’s Basketball	W	L
K-Bay	8	2
Camp Smith	4	6
PACOM	2	8
HQBN	3	7

Men’s Basketball	W	L
MALS-24	9	4
HSL-37 “Easy Riders”	10	1
CSSG-3	7	1
VP-47 “Terror Squad”	9	4
HQBN “Demon Deacons”	9	3
MAG-24	8	9
3rd Marine HQ	7	6
MCAF	4	7
HSL-37 “EZ-2”	2	8
3rd Radio Battalion	1	10
1/12	0	11

Baseball	W	L
VP-9	5	1
MAG-24	6	2
HQBN	4	4
1/12	5	1
VPU-2	2	5
VP-47	0	8

*Standings are current as of Tuesday.



Fees include golf fees, golf cart,

Semper Fit Group Exercise March 2005

Monday

8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling
5:45 – 6:45 p.m. — Kick Interval
6:45 – 7:45 p.m. — Pilates

Tuesday

6 – 7 a.m. — H.E.A.T.
8:30 – 9:30 a.m. — Muscle Conditioning
9:30 – 10:30 a.m. — Yoga
11:30 a.m. – 12:30 p.m. — H.I.T.S.
11:45 a.m. 12:45 p.m. — Butt Cut
5:30 – 6:30 p.m. — Hi/Lo Intervals
6:30 – 7:30 p.m.— Step & Tone

Wednesday

6 – 7 a.m. — Cycling
8:45 – 10 a.m. — Step Challenge
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling

6:45 – 7:45 p.m. Pilates

Thursday

6 – 7 a.m. — Cycling
8:30 – 9:30 a.m. — Muscle Conditioning
11:45 a.m. – 12:15 p.m. — Butt Cut
11:30 a.m. – 12:30 p.m. — H.I.T.S.
5:30 – 6:30 p.m. — Hi/Lo Intervals
6:30 – 7:30 p.m. — Step & Tone

Friday

8:45 – 10 a.m. — Step Jam
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling
5:45 – 6:45 p.m. — Pilates

Saturday

9 – 10:30 a.m.— Step & Tone

Note: Cycling classes are \$3 each. Tai Chi classes are \$20 per month for 1 class per week.

COMMUNITY SPORTS

Straub/Kapiolani Women’s 10K

For 28 years, women of all ages have come together in a celebration of friendship and good health at the Straub/Kapiolani Women’s 10K. Elite runners, serious runners, race walkers, beginners and recreational walkers participate in this race. Mothers and daughters, students, the military and visitors have made the Straub/Kapiolani Women’s 10K a tradition.

Registration fees for the Sunday race are \$30 at packet pickup. Packet pickup is Saturday at NikeTown, 2080 Kalakaua Ave., from 10 a.m. until 4 p.m. or race day at Kapiolani Bandstand from 6 to 6:45 a.m.

Volunteers are also needed to make this event a success.

Runners can register online at www.active.com. Runners and volunteers can also get registration forms from www.straubhealth.com/events/index.asp. Call 522-4395 for more information.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on both Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, normally compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year’s end. Minimum participation in more than half of the year’s races is required to be in the running for points and the run-off championship.

Races are scheduled as follows:

Sunday, April 3, May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver’s school to obtain a competi-

tion license, as the cars are raced at speeds of up to 140 mph, and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry.

Future races will be on the following dates: March 25, May 15, July 10, Sept. 5 and Nov. 26. For more details, call Ed Hollman at 488-1782.

‘Walk Now’ to Cure Autism

An organization called Cure Autism Now is organizing a 5k walk, Community Resource Fair and Family Fun Festival March 12 in Honolulu as a benefit to the Cure Autism Now Foundation. The foundation is an organization of parents, clinicians and scientists dedicated to finding effective biological treatments, the causes and the cure for autism and related disorders. Registration begins at 7 a.m., and the walk begins at 8:30 a.m. For questions, or to sign up, visit www.walknow.org or call (888) 8Autism, or locally at 235-4411.

Fort DeRussy to Host Biathlon

Registration has begun for the 2005 Fort DeRussy Biathlon and Keiki Run-Swim-Run. The March 12 race will start with the adults at 7 a.m. and the children at 8:20 a.m.

Athletes can choose between the long course, a 5K run followed by a 1K swim, and the short course, a 2.5K run followed by a 500M swim, along Waikiki’s finest beach. Keiki distance course will be a run, swim, run format, with distances varying by age group.

Entry fees are \$18 for individual runners, \$16 for students and \$15 for military. There is no guarantee of a T-shirt for late entries. Pick up a packet is on Saturday from 10 a.m. to 2 p.m., and Monday from at 4 p.m. to 8.m. at the Hale Koa Hotel POINT Health Club.

Register online at www.Active.com or call 955-9151 for more information.

State Offers Free Outdoor Education

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification; and conservation, regulations,

game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is March 18 from 5:45 to 10 p.m. and March 19 from 7:45 a.m. to 4 p.m. in Classroom A-212 at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.)

A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Triathlon to Include On-Base Events

The 4th Annual Lanikai Triathlon will be held, March 20, in Kailua and aboard MCB Hawaii, Kaneohe Bay. Starting and finishing at Lanikai Beach Park, the race will consist of a 500-meter swim parallel to Kailua Beach, a 20-kilometer road bike on base, via Mokapu Gate, and a 5-kilometer Lanikai loop run. An awards ceremony will follow the race at Kailua Beach Park.

MCB Hawaii support for the event will include the closing of Mokapu Road to thru traffic from 5 a.m. to 9 a.m. on race day, Sunday, from the back gate to the intersection of Mokapu Road and Harris Street. Traffic will be routed to minimize impact on residents. Appropriate event signs and traffic control points will be posted.

Individuals and relay teams are welcome. Entry fee is \$65 for individuals and \$85 for relay teams. As this is a USA Triathlon sanctioned event, an annual or one-day license (\$9) is required for each athlete, including each relay member. Marine Corps waiver of liability forms must also be signed at packet pick-up.

For registration and packet information, visit www.bocahawaii.com or www.active.com (www.active.com/event_detail.cfm?event_id=1198727).

Registration Open for 2005 JAL Honolulu Triathlon

Registration for Honolulu’s premier triathlon — the 2005 JAL Honolulu Triathlon — is now open online at [triathlon.com.](http://www.honolulu</p></div><div data-bbox=)

The amateur race will be held April 17, and will begin and end at Kapiolani Park. Mail-in registration forms can also be found in Athletes Hawaii Magazine, which is available at most Hawaii sporting goods stores.

The registration fee is \$100 for individuals and \$125 for teams.

For more information, visit the JAL Honolulu Triathlon Web site at www.honolulutriathlon.com.

Hawaiian Trail and Mountain Club

Hikers prepare for upcoming hikes in March and early April with the Hawaiian Trail and Mountain Club! The first hike open to the public, is the Nuuanu Loop 4-mile hike, which takes place March 12 at 8 a.m.

This new loop route will include the Paperbark Ridge, the Nu’uanu Lookout and other interesting spots in the valley. For more information, or to participate, contact coordinator John Hall, at 377-5442.

Then, on March 20, join in the fun for the Wailupe Loop hike at 8 a.m.

This hike will you leave you ‘loopy.’ It’s an arduous climb to the Koolau Summit, a tightrope walk on a narrow razor edge, then a descent so steep that you’ll be hanging on, hand over hand, to the trees. Be sure to watch for ribbons or the loop may become a loop-d-loop! For more information, or to participate in this hike, contact coordinator Mike Algiers, at 422-1048.

If you haven’t had enough yet, April 2 at 8 a.m., there is a 5-mile hike called Kamiloiki. From the Pahua Heiau, hikers will scamper up the lava rock slope, scurry along the ridge while scanning the interesting escarpment to the left and the valley on the right. After a final push through ironwood trees, scrunch down to enjoy scenes of Waimanalo. For more information, or to participate in this hike, contact coordinator Laura Owens, at 595-9023.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest to the DoD community in the *Hawaii Marine*.

E-mail items to editor@hawaiimarine.com, call the *Hawaii Marine* staff at 257-8836 or fax items to 257-1289.





The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

2005 NBA trading deadline came down to the wire — who got who and why?

Sgt. Joe Lindsay
The Goat

“You see, in this world there’s two kinds of people, my friend. Those with loaded guns and those who dig. You dig.” — Blondie (The Man With No Name)

The good got better, the bad got worse, and the ugly got — well — uglier, as the NBA trading deadline passed with flurry of last minute activity last week.

“Blitzkrieg” might be a better way to describe the 11th hour trades of nearly three-dozen players who changed uniforms in one of the wildest down-to-the-wire trading deadline days in NBA history.

Some teams took risks, both financially and in terms of team chemistry. Others played it so safe that they might as well become expansion teams in the French Basketball League. Still, for a trading deadline day that looked like it was going to be a yawner, last week’s yearly event in educated guesswork turned into a thriller.

The Good

Boston Celtics — OK, maybe “good” is too strong a word. But that doesn’t change the fact that the Celtics are, despite being only a .500 team, sitting alone atop the Atlantic Division. Getting back Antoine Walker from Atlanta for Gary Payton, Tom Gugliotta and Michael Stewart is a move made all the shrewder by the fact that Celtic GM Danny Ainge has the inside track on getting Payton right back in a few days, if the rumor mill surrounding his under-the-table agreement with the Hawks releasing Payton are true.

San Antonio Spurs — After failing to lure Karl Malone, the Spurs rebounded nicely by landing Nazr Mohammed from the New York Knicks to back-up Tim Duncan.

The Bad

Philadelphia 76’ers — Sixers GM Billy Knight seemed almost cocky after landing aloof former All-Star Chris Webber from the

See GOAT, C-6

Capt. K.D. Robbins
The Professor

History tells us that the impact of a trade is rarely significant during the mid-season. Regardless, basketball fans flock to the airwaves to conduct the annual trade deadline sanity check of the NBA’s butchers, bakers and candlestick makers.

The Butchers: New Orleans Hornets

When Cheers shipped Coach out the door for Woody, the bar transformed from “a place where everyone knows your name” to just plain “lame.” So goes it for the Hornets. Call it a string of bad luck. Jamal Mashburn’s injury and Baron Davis’ malcontent forced ownership to cut this franchise apart. Shipping Baron Davis to Golden State for Speedy Claxton and soon-to-be released Dale Davis guarantees a lot less buzz in the bayou.

The Bakers: Philadelphia 76ers

Change is good. Just ask MI-6. Shipping

See PROFESSOR, C-6

The Candlestick Makers: Boston Celtics

As the song goes “Welcome back. Welcome back. Welcome back. Welcome

Timothy Dalton out the door for Pierce Brosnan brought the moxie back to 007. The addition of Chris Webber to a born-again unselfish AI makes the Sixers a contender straight away. Role players like Kenny Thomas, Corliss Williamson and Brian Skinner are a small price to pay Sacramento’s Maloof brothers. Role players are replaceable. Superstars are not. As a bonus, Philly’s ownership at least whets the appetites of their fans by adding the injured Jamal Mashburn and three-point specialist Rodney Rogers for Glenn Robinson. The thought of playing with AI and C-Webb should serve to motivate a miracle Mashburn rehab. If not, economics are even better as Big Dog’s big money is gone and Mashburn can retire.



Cesar Astorga hands off the baton to Ronald Johnson between legs 21 and 22, near Wainai. Both Astorga and Johnson participated on the Airdale Team, and finished with a time of 18:49:16, 26th place overall.

RUN, From C-1

runner helped him in this race.

“I’ve run seven marathons so far, but this was my first time doing anything like this,” said the Memphis, Miss. native. “The last leg was the toughest — with the head wind as well.”

Waddell said the camaraderie of the teams was great and that was what made this race so different from any others he had competed in.

“I think the team aspect created better individual performances because as a team you wanted to be able to help the team as a whole,” said Waddell. “I think it’s a well-suited race for Marines because it is so team-oriented.”

The team finished extremely well, taking third place in their division, and fourth place overall.



Cpl. Michelle M. Dickson



Cpl. Michelle M. Dickson

Top — Caleb Eames, CSSG-3, finishes the last leg of the race for his team. Above — Because the race began as a staggered start, with teams taking off at different times, the placement was figured out after everyone had finished.



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VP-9 decimates HQBN, 23-6

Sgt. Joseph A. Lee
Sports Editor

A long night of intramural baseball began Friday night for Headquarters Battalion, as VP-9 sat them down for a 23-6 back-to-school lesson.

Though nobody may have let Headquarters Battalion know nap-time was over, VP-9 began playing baseball anyway. Headquarters battalion pitcher Michael Ricks, obviously still wiping sleep from his eyes, walked VP-9's first batter, shortstop Scott Sander, who took advantage of the "sleepy" pitcher, and stole second and third, right behind his back.

VP-9 began to put runners on base. They might as well have been dodging rectangular blue mats littered around the field, as base runners were obviously something the sleeping fielders of HQBN couldn't handle, overthrowing the simplest of plays and allowing VP-9 to take an early 2-0 lead.

"We had a really bad night," admitted HQBN coach Ubaldo Trujillo, a local construction worker. "Normally we play much better than this."

In the bottom of the first, HQBN got a lucky break as VP-9 pitcher Dan Zimmerman let a straight-up, pop fly ball fall through his glove, allowing a runner on. Awakened by the sudden realization that there was a baseball game going on, catcher Saul Pacheco hit a line drive that set up third baseman Joseph Balcom to drive in the RBI, when an attempted double play was overthrown by VP-9, leaving the score at the top of the second, 2-1.

There was indeed a baseball game going on.

In the top of the second, VP-9 stepped up to bat for what would turn out to be an extremely time-consuming inning, as HQBN couldn't find the magic potion to create an out.

After VP-9 cycled through its batting order the first time, and lead-off batter Sander again approached the plate, the score rested at 5-1. With runners advanced to second and third, after a wild pitch, Sander knocked a bouncer to HQBN shortstop Otoniel Molina, who erred, allowing both base runners to come home, expanding the VP-9 lead to 7-1.

Unfortunately for HQBN, the second-inning assault wasn't even close to over. In fact, it had just begun. After Ricks filled the bases with walks and batters who he had hit, the coach and catcher approached the mound — and Ricks was out for the game, replaced by Aaron Bowman.

When Bowman entered the game, Nate Ostensen awaited his opportunity at the plate. His was a shot to left field, bringing in two more runs for VP-9. After a pitch hit the next batter, Bowman was once again looking at loaded bases.

It was a battle of the pitchers, as Zimmerman came to the plate. A shot straight to the pitcher allowed Bowman to win the battle, tossing him out at first, but VP-9 gained one more on the RBI, 10-1.

Left fielder Jason Vetetoe knocked in two more runs for VP-9, with an run-batted-in triple up the third base line, and the following three batters



Sgt. Joseph A. Lee

Home plate umpire Richard Ross calls the VP-9 base runner out after an attempted steal. Headquarters Battalion catcher Saul Pacheco held on to the ball after a throw from the outfield. The HQBN defense was still no match for the VP-9 offense.

each jumped on the bandwagon with one RBI each, leaving the score 15-1 as HQBN finally solved the puzzle and made a double play to put a pause to the onslaught.

In the bottom of the second, the bottom of the HQBN batting order came to the plate to try to regain some of their lost pride. Two outs were already established by VP-9 as batters began to load the bases. Right fielder Edwin Melendes smacked a base hit to bring in two, and when the top of the order came up, the bases were loaded for a three-run play for HQBN, brining the score to 15-6 at the close of the second inning.

"The second inning was definitely a long one," said VP-9 coach Matt

Lawyer, a 22-year-old legal clerk. "We just kept bringing in runs every time a fielding error was made — and there were a lot of fielding errors that equated into a lot of runs."

In the top of the third, VP-9 again was given the opportunity to spread their lead, as HQBN shuffled through their deck of potential pitchers, looking for someone to throw a strike. After tacking on four more runs to their lead, VP-4 was again put on pause, 19-6.

The bottom of the third didn't last long enough to for them to get comfortable, as HQBN went back out on the field — only as fast as it took them to find their sunflower seeds in the dugout.

VP-9 quickly added three more to the board in the top of the fourth but was stopped from adding anything further when HQBN beat a VP-9 would-be home plate thief with a perfect throw from second base. Unfortunately for HQBN, the great defense was not enough to turn the game around, their offense just couldn't pick up the pace, letting another inning slip though their fingers without a score.

By the bottom of the fifth, after VP-9 pinned yet another tail to the proverbial HQBN donkey, it was the last opportunity for HQBN to make any sort of comeback, but nothing

See BASEBALL, C-5

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Sgt. Joseph A. Lee

Headquarters Battalion catcher Saul Pacheco watches as a VP-9 fastball screams by. Excellent pitching throughout the game helped VP-9 win, while HQBN couldn't get a handle on their bullpen.

BASEBALL: VP-9 moves past HQBN

From C-4

was done, and the game ended at 23-6. "It seemed as if they couldn't make it happen at the end of the game," said Lawyer, a native of Salem, Ore. "Our replacement pitchers closed out the game very well, and overall, I'd say the game went pretty well for us. We look forward to playing a good game of baseball every time we come out here, regardless of the score. Tonight we all had a good time, and even though Headquarters Battalion seemed to be taking it kind of hard, I'm sure they had a good time as well."



Sgt. Joseph A. Lee

Headquarters Battalion catcher Saul Pacheco stretches for the grab at home plate.

Quick, easy, healthy recipes when your Sailor or Marine deploys

Kelli Kirwan
Lifelines

One of the casualties of deployments is often the evening meal. School, work, household chores, and other commitments can consume all of your time as you take on double duty while your Sailor or Marine sails the ocean blue or explores the jungles of some distant land. If you find yourself eating cereal and sandwiches for dinner, ordering pizza more often than you used to, or looking into the contents of your freezer at 6 p.m., wondering what you can throw in the microwave, you may need a little dinner intervention.

With a few minor adjustments, some pre-planning, and a little creativity, you can provide nutritious meals for your family while avoiding the 100-yard stare into the contents of your cabinets. Whether you're single or have children, dinnertime can still be a happy, fulfilling time.

Know What Your Body Needs

Become knowledgeable about what your body needs nutritionally to stay healthy. Familiarize yourself with the USDAs Food Guide Pyramid and then teach your kids as you shop for and prepare meals. Nutritional meals will help your family stay healthy, an important ingredient to successfully living through a deployment.

A Few Minutes of Your Time

Take time to plan your meals, which saves time and money, keeps you from emergency runs to the grocery store, and helps you to eat healthier. There are many different ways to pre-plan your meals. Ivillage.com has a great meal maker to get you started.

Start Dinner Before Breakfast

Crock-pot cooking is a wonderful way to have dinner waiting for you when you arrive home at the end of the day. Recipes for cooking with a crock-pot cover everything from appetizers to wild game. Almost every Navy exchange and Marine Corps exchange carries a variety of sizes in crock-pots.

Freeze Your Way to Healthy and Happy Dinners

Hot, nutritious meals are as close as your freezer. Create your own quick and delicious meals for a fraction of the cost of store-bought frozen dinners. You can take several approaches to building a freezer full of dinners. One-way is to double up several dinners when you prepare them for your family. Eat one that night and freeze one for later in the month, when you are crunched for time. Another way is to set aside some time each month, prepare several dishes, and freeze them. Use those dinners to supplement your monthly menu or to feed your family on the nights you just don't have time to cook. There are some things you should not freeze, such as certain dairy foods, but don't let that stop you from trying out some delicious recipes to prepare now and enjoy later.



Planning your meals to include fresh fruits and vegetables can get help you come out of tough times a much more healthy person.

Don't Leave Out Leftovers

We have become a disposable society, and that has

extended to our meals. Learn to look at leftover food from the past weeks meals as bud-

et and time extenders. With proper storage of leftovers, you can create meals from leftover poultry, ham and bacon, veal and pork, or beef.

Kids in the Kitchen

Get the kids in the kitchen with you. There are tons of kid-friendly recipes. You might be surprised to find that kids and food can be fun. When you and your kids create dinner together, they are more willing to eat a nutritious dinner because they had some say in the menu. While you're cooking, you'll be amazed by what your children share with you. The kitchen and the act of food preparation have a way of bringing

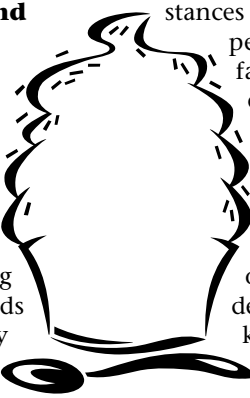
out the philosopher in some kids. In addition to the quality time spent together, your children will learn how to shop for and prepare healthful meals, a quality that will last a lifetime.

Dessert, Fun Food, and Comfort Food

You don't have to totally eliminate desserts, fun foods, and comfort foods from your diet — just don't abuse them. Pick a night to spend with your family or hang around with good friends and have a yummy dessert dish. Deployments can have

some low moments for you or your kids. Have some fun food ideas on hand to cheer them up or comfort them when the days are just not going by fast enough.

Whatever your circumstances or the number of people in your family, when deployments occur, you have to make meal-time adjustments. Look at the change as an opportunity to develop some new kitchen skills and some new family favorites.



FIGHT, From C-1

friends and colleagues compete in the most ancient of human competitions — fighting.

Tomlinson, who fought first of the two, fighting in the 162-174 weight class, drew Baret “The Finisher” Yoshida as his first opponent. Yoshida, who learned the art directly from a Gracie, is a mixed martial arts veteran of several events, such as the SuperBrawl and Shooto tournaments, as well as the coveted Abu Dhabi Championships of Submission Wrestling, and is highly respected and feared in the jiu-jitsu arena.

Though Tomlinson lost his match against Yoshida, he claimed it to be an honor just to fight such a revered competitor.

“He held his own in there,” said Byrnes.



Sgt. Joseph A. Lee

Winning both rounds by way of tap-out, Byrnes didn’t waste a whole lot of time accumulating points.



Sgt. Joseph A. Lee

Steven Byrnes (bottom) executes a rear naked choke on his opponent, as he competed for first place in his weight class Sunday. Byrnes, who first began wrestling in high school, claims that the switch to Brazilian style jiu-jitsu is very easy coming from a Greco-Roman background, because most of the techniques are done from the ground, as opposed to other fighting styles that use primarily punches or kicks.

“I can’t believe he’s even fighting Yoshida. What a privilege!”

Byrnes learned early in the competition that there were only four people in the 175-187 weight class and was slightly disappointed that he would only get to fight in two matches. After easily defeating his first opponent, Henry Stasiukiewicz of North Shore by way of tap out, Byrnes moved on to fight Ermin Fergerstran, 48-year-old boat repairman from Maui, for the championship. The 25-year-old Byrnes had little trouble “putting the hurt” on his competitor.

“He was really strong, a whole lot stronger than me,” said Fergerstran, a nine-year veteran of Gracie Jiu-Jitsu. “He’s a good grappler, who gave me a far better challenge. For my age, I must try to master techniques to overcome strength, but he just wouldn’t let me work my game.”

Byrnes took first place at the championship tournament, and though the road getting there wasn’t as long as he would have liked, the first place win still felt good.

“I have so many of these second place medals, it feels really good to finally place first,” admitted Byrnes. “I’ve been waiting for my opportunity to compete in this tournament again, and now that it’s over, I want to do it all over again.”

GOAT, From C-3

Sacramento Kings, telling reporters after the trade, “What did I give up?” Knight is asking the wrong question though. The real question is, “What did I get?” A guy with bad knees who shoots too much, that’s what. Knight tried this before with Glenn Robinson. Results will probably be the same.

The Ugly

New York Knicks — Isiah Thomas, standing at only 6-foot-1, was a great player. He is, however, a lousy GM. One of these days Thomas will figure out that the NBA isn’t the World Basketball League (defunct pro basketball league

from 1987-92 that didn’t permit players taller than 6-foot-5). His trading of Mohammed for Malik Rose is just another example of his Napoleon complex getting the best of him — yet again.

Bottom Line: Boston and San Antonio loaded up and might just end up in the NBA Finals come June, though the Celtics are still admittedly a long shot. Philadelphia continues to look for buried treasure in all the wrong places, and the Knicks just keep digging themselves a deeper and deeper grave in their quest for the next Arch Stanton, unable to see that a big name isn’t always better than the unknown.

PROFESSOR, From C-3

back.” Celtics fans are hoping the second time is the charm. If Danny Ainge had issues with Antoine Walker before, why not now? Trading Gary Payton, Michael Stewart, Tom Gugliotta and a 2005 Draft pick for the enigmatic small forward seems a little shady. Yet, if Boston resigns Payton and Walker and Ainge’s issues are history, this could serve as true luck of the Irish

in shamrock land. Stay tuned.

Bottom Line: When Rasheed Wallace was traded to Detroit at the 2004 trade deadline, Motown added a superstar. Yet, if you claim you rushed to Vegas to wager scrolls on the Pistons last March, you are a liar. But, Rasheed helped close the door on Phil and the Kobies and the Pistons won a title. Stand by by Philly: C-Webb is here!

Editor’s Note: Readers Strike Back submissions must be received by Wednesday to be published on Friday.



Sgt. Joseph A. Lee

Headquarters Battalion center Stacy Johnson drives to the hole to add another two points to their score. Johnson and teammate Jessica Shedrick teamed up to dominate the court for the majority of the game with a combination of layups and jump shots.

WOMEN, From C-1

the gap, K-Bay’s game just became more creative.

Shapiro and Shedrick started to connect on some more challenging plays. By receiving Shapiro’s behind-the-back and no-look passes, Shedrick spread the K-Bay lead to 19 near the middle of the second half — 49-30, as she pulled in every point possible, even drawing the foul on seemingly every successful layup.

“We just started to connect, and most of the plays just seemed to work out right,” said Shedrick, a mimms clerk with Maintenance Company, Combat Service Support Group 3. “I didn’t realize how well I was doing from the line — though I rarely miss — I didn’t know I went nine for nine.”

As the game wound down,

both teams were called for traveling, as they tried to put some plays together with little time left on the clock.

Relentless to the end, Shedrick and Shapiro continued to keep their lead. Shapiro was able to seal the game up with the final shot from just outside the key, bringing their score to 60-37 when the clock expired.

“We played a good game, but it just wasn’t working out for us tonight,” said Riles, a 22-year-old native of Duquesne, Penn. “We just enjoy coming out to play, and we wish more women would come out and join the league, so we can form more teams and have more games. Of course, we’re happy just playing, but we’re really trying to get the message out to the other girls on base to come play some basketball.”



Sgt. Joseph A. Lee

Camp Smith forward Joy Morgan dribbles, as she tries to put some points on the board for her team. Passing Headquarters Battalion shooting guard Casey Shapiro, though, proves to be a more difficult task than she may have bargained for.



Cpl. Megan L. Stiner

Youth Basketball

Above — Parents of the youth basketball team, Lightning, form a tunnel for their children to run through after their final game of this year’s basketball season. The Lightning team, comprised of 5- and 6-year-olds, was coached by Marine and father Larry Hilliard. The team’s season ended with a 5-3 record and a 14-14 tie game in the championship game of the season against the Dragon team.

Right — Both the Dragon and the Lightning youth basketball team members look up at a shot taken from the outside and prepare for a rebound during the final game of the season. This year ended with a 14-14 tie game in the championship game of the season.



Cpl. Megan L. Stiner